

## CLAIMS

What is claimed is:

1. A reformer exercise apparatus comprising:  
a generally rectangular frame having a head end, a foot end and  
5 a pair of spaced apart parallel track members therebetween;  
a movable carriage mounted on the rectangular frame for  
movement along the track members between the head and foot ends;  
the carriage having a carriage frame made of sheet material folded to  
form two parallel spaced channels that fit on the track members and a  
10 plurality of transverse ribs extending between the channels; and  
a plurality of elongated elastic members extending between the  
carriage and the foot end of the rectangular frame.
2. The apparatus of claim 1 wherein the carriage frame has a  
plurality of horizontal platform portions perpendicular to and spaced  
15 between the ribs, each platform portion extending between the  
channels.
3. The apparatus of claim 1 wherein the carriage frame has one of  
the platform portions supporting a headrest.
4. The apparatus of claim 1 wherein the carriage frame has one of  
20 the ribs supporting a pair of shoulder stops.
5. The apparatus according to claim 1 wherein one of the ribs has a  
rod fastened to the rib that provides an anchor for one end of each of  
the elongated elastic members.
6. The apparatus according to claim 1 wherein a spring support  
25 cross member extends between the track members at the foot end of the  
rectangular frame.

7. The apparatus according to claim 6 wherein the elongated elastic members are a plurality of springs with one end of each of the springs attaching to a first rib of the carriage frame, and a second end of each of the springs removably attaching to the spring support cross member.

8. The apparatus of claim 7 wherein a second rib provides a support for each of the springs when the second end is dismantled from the spring support cross member.

9. The exercise apparatus of claim 1 further comprising a pair of weight bearing roller wheels mounted in each of the channels of the carriage frame for rolling along upper surfaces of the track members.

10. The exercise apparatus of claim 1 wherein the rectangular frame is made of aluminum and the carriage frame is made of steel sheet metal.

11. The apparatus of claim 9 further comprising the carriage frame supporting a guide wheel adjacent each roller wheel, each guide wheel positioned to roll against a side wall of one of the track members.

12. An exercise apparatus comprising:  
a generally rectangular frame having a head end, a foot end and a pair of spaced apart parallel track members therebetween;

a movable carriage mounted on the rectangular frame for movement along the track members between the head and foot ends;

a pair of foldable shoulder stops, each fastened to a pair of support brackets mounted on the carriage; and

a plurality of elongated elastic members extending between the carriage and the foot end to bias the carriage toward the foot end of the rectangular frame.

13. The shoulder stops of claim 12 wherein each pair of brackets are fastened to a vertical portion of the carriage.

14. An exercise apparatus comprising:

5 a generally rectangular frame having a head end, a foot end and a pair of spaced apart telescopically collapsible parallel track members therebetween;

10 a movable carriage mounted on the track members for movement along the track members between the head and foot ends, wherein the carriage is captured on the track members when the track members are fully collapsed; and

a plurality of elongated elastic members extending between the carriage and the foot end biasing the carriage toward the foot end of the rectangular frame.

15 15. The exercise apparatus of claim 14 further comprising:

15 a cross member fastened to the foot end of the rectangular frame; and

20 a pair of guide wheels mounted on the carriage, each positioned to roll against a side of one of the track members, wherein the carriage frame is captured by the cross member when the track members are fully collapsed to hold the carriage on the track members.

16. The exercise apparatus according to claim 15, wherein the cross member supports one end of each of the elastic members.

25 17. The exercise apparatus of claim 15, wherein each of the track members has an elongated head end rail member telescopically received in a tubular foot end member and a carriage stop cross member fastened between the foot end members maintaining the foot end members in a parallel relation.

18. The exercise apparatus of claim 17 wherein a portion of the carriage engages the spring support cross member to capture the carriage on the track members when the track members are collapsed.

19. An exercise apparatus comprising:

5 a generally rectangular frame having a head end, a foot end and a pair of spaced apart parallel track members therebetween, each track member having a head end rail member telescopically received in a tubular foot end rail member;

10 a movable carriage mounted on the track members for movement along the track members between the head and foot ends;

the carriage having a sheet metal frame folded to form two spaced parallel channels that fit over the track members, a plurality of platform portions, and a plurality of transverse ribs between the channels; and

15 a first set of roller wheels mounted to an underside of the carriage frame rolling on the head end rail member, and a second set of roller wheels mounted to the underside of the carriage frame rolling on the foot end rail members.

20 20. The exercise apparatus of claim 19 wherein the roller wheels are located at each end of the channels of the carriage frame.

21. The apparatus of claim 19 further comprising a carriage pad positioned on the carriage frame wherein the channels extend beyond the carriage pad; and each of the ends of the channels has a resilient bumper to minimize shock loads when the carriage frame bumps with  
25 the head end or the foot end of the rectangular frame.

22. The exercise apparatus of claim 19 wherein a carriage stop cross member is fastened to the underside of the head end of each of the foot end rail member and spans between the foot end rail members to maintain the foot end rail members in a parallel relation.

23. The exercise apparatus of claim 19 wherein  
each foot end rail member has an external guide around an open  
end of the foot end rail member; and

5 an internal guide located on the head end rail member within the  
foot end rail member, the external guide and internal guide allows  
smooth movement for the head end rail member along an inside of the  
foot end rail member.

10 24. The exercise apparatus of claim 23 wherein the foot end rail  
member has a rail member pin which a user can tighten to allow  
smooth movement of the head end and foot end rail members.

25. The exercise apparatus of claim 19 wherein the track members  
and are made of aluminum and the carriage frame is made of steel  
sheet metal.

15 26. An exercise apparatus comprising:  
a generally rectangular frame having a head end, a foot end and  
a pair of spaced apart parallel track members therebetween;

a movable carriage mounted on the rectangular frame for  
movement along the track members between the head and foot ends;  
a plurality of elongated elastic members extending between the  
20 carriage and the foot end of the rectangular frame;

the foot end comprising a folded sheet metal body having a  
horizontal platform portion and a vertical end wall portion and a  
separate piece forming a channel extruding from the foot end for  
supporting a removable jump board; and

25 a removable U shaped foot support bar supported by the foot  
end sheet metal body.

27. The exercise apparatus of claim 26 wherein the foot bar has a  
pair of bent legs.